



## **Counseling and Mental Health Resources**

### **INFORMATION ABOUT ADJUSTING TO COLLEGE:**

<http://www.transitionyear.org/student/intro.php>

<http://www.mystudentbody.com>

### **INFORMATION ABOUT MENTAL HEALTH:**

<http://ulifeline.org/main/Home.html>

<http://www.healthyminds.org/>

<http://medainc.org/> (eating disorders)

### **ONLINE SCREENING FOR DEPRESSION OR OTHER MENTAL HEALTH CONCERNS:**

<http://www.ulifeline.org/page/student/SelfEval.html>

### **INFORMATION ABOUT SUICIDE PREVENTION:**

<http://www.jedfoundation.org/>

<http://www.suicidepreventionlifeline.org> 1.800.273.TALK (8255)

### **24 HOUR SUPPORT:**

Samaritans Help Line 1.877.870.4673

North Shore Rape Crisis Center 1.800.922.8772

HAWC (Domestic abuse) 1.800.547.1649

### **OFF-CAMPUS COUNSELING RESOURCES:**

Northeast Behavioral Health (HES), Salem, MA 1.978.745.2440

Salem Hospital Outpatient Mental Health 1.978.744.4033

North Shore Emergency Services 1.978.524.7107

**For more information please make an appointment to speak to a counselor at Counseling and Health Services, Salem State University by calling 978.542.6410 or walking in to our office during business hours.**

**If this is a mental health emergency after hours please contact Campus Police at 978.542.6111 or go to your local emergency room.**